

KSA COACHES GUIDE

Hi there! Thanks for coaching with us!

As the KSA Coach Mentor for U5/U6, I work primarily with these age groups to help our volunteer coaches provide instruction of the foundational soccer mindset and skills.

I also included a section for new coaches of all age groups to help them with the logistics of getting the seasons started, as this is the most hectic part of the season.

Logistics questions (registration, games, rescheduling, etc)? Email your commissioner.

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A. New Coaches- Getting your season started

1. GotSport registration (see [KSA Coaches Corner](#) for help getting registered)
2. [Pre-Season Coach Checklist](#)
3. [Sample beginning-of-season email to team with PARENT BEHAVIOR EXPECTATIONS](#)
4. (new -Fall '22) [Practice Websites and Apps](#)
5. [Weekly Checklist](#) - info & tips for practices and games
6. [Copy of KSA Reference Chart](#) (can also be printed from KSA website)
7. [Game Day Reference Card](#) **CHECK PHONE NUMBERS** (optional - can fit in badge)
8. [Sample Progress Report](#) -(optional) Print one for each player and keep with you to track progress. The example is for younger ages but you can copy to edit with different skills.

B. U5-U8 Coaches- helpful documents

1. [Advice for U5-U8 Coaches](#)
2. [Skills list U5/U6 & U7/U8](#) - for both age groups, skill progressions for players
3. [U5-U8 Passing Tips and Drills](#)
4. **New Fall 2023**: 1st practice for u6-u8 ([diagnostic practice with all 4 skills](#))

PRACTICE PLANS:

[U5/U6 Sample Practice Plan #1 - Dribbling](#)

[U5/U6 Sample Practice Plan #5 - Dribbling #2](#)

[U5/U6 Sample Practice Plan #2 - Shooting](#)

[U5/U6 Sample Practice Plan #6 - Shooting #2](#)

[U5/U6 Sample Practice Plan #3 - Defense](#)

[U5/U6 Sample Practice Plan #7 - Defense #2](#)

[U5/U6 Sample Practice Plan #4 - Passing](#)

[U5/U6 Sample Practice Plan #8 - Passing #2](#)

***New for 2122 - slightly more advanced drills (great for U7/U8):**

[Trapping, Passing, Dribbling Combo Practice](#)

[Field Awareness Practice](#)

[Finding/Creating Space Practice](#) (U6-U8)